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Kabul 06° Rainy | Kandahar 16° Sunny | Herat 11° Partly cloudy | Jalalabad 18° Partly cloudy | Mazar-e-Sharif 07° Sunny | Bamyan -2° Sunny

Commission discusses land distribution for returnees



KABUL: Chaired by the Deputy Prime Minister for Administrative Affairs of the Islamic Emirate, Mawlavi Abdul Salam Hanafi, the meeting of the High Commission for Addressing Refugee Issues was held to discuss the distribution of land for refugees in provinces, Arg said in a statement Monday.

According to the statement, the commission conducted a thorough assessment of the activities, operational measures, and accomplishments of its committees and discussed the allocation of land to refugees and returnees within the refugee township of Zabul province.

The relocation of internally displaced persons from Kabul to their provinces and the report of the General Directorate of Supervision and Prosecution of Orders and Judgments regarding the provision of humanitarian assistance to repatriated families in Nangarhar province have also been evaluated in the meeting, the statement said.

After the mass deportation of Afghan migrants by the neighboring countries, the Islamic Emirate has established various committees to manage the returning refugees, address their problems, and provide them with necessary services and facilities in the country. **The Kabul Times**

Daesh weakened, suppressed in Afghanistan, says Mujahid

Mujahid's remarks come as the United Nations Security Council holds a meeting on Monday, February 10, to assess ISIS threats in the region.

KABUL: Zabihullah Mujahid, the spokesperson of the Islamic Emirate, in an audiotape said Monday that Daesh has no power in Afghanistan and has been severely suppressed.

The consequences of ISIS in the region are not related to the Islamic Emirate, he emphasized.

Mujahid's remarks come as the United Nations Security Council holds a meeting on Monday, February 10, to assess ISIS threats in the region.

Mufti Abdul Matin Qani, spokesman of the Interior Ministry, also emphasized Sunday that Afghanistan poses no threat to any countries and rejected the apprehensions expressed by several countries regarding potential threats emanating from Afghanistan.

He assured that the security situation has unprecedentedly improved compared to the past few decades.



The Kabul Times

IEA-MoFA statement regarding Netanyahu's remarks on establishment of Palestinian state on territory of Saudi Arabia

The Ministry of Foreign Affairs of the islamic Emirate of Afghanistan condemns in unequivocal terms recent statements by the Israeli occupying regime's leader, Benjamin Netanyahu, rejecting the establishment of an independent Palestinian state & suggesting the the establishment of Palestinian state on the territory of Saudi Arabia.

IEA-MoFA considers this stance both unrealistic & a flagrant violation of internationally recognized facts & Saudi Arabia's sovereignty

Such statements by Netanyahu constitute a direct affront to established norms & a clear infringement on the legitimate rights of the Palestinians.

The Islamic Emirate of Afghanistan reiterates that Palestine is the rightful land of the Palestinian people, emphasising that as long as the occupation continues, the inalienable rights of Palestinian people will remain violated, Gaza & the broader region will remain unstable, & such scenario benefits no one.

Muttaqi discusses bilateral relations with Norwegian Chargé d'Affaires



KABUL: The acting Minister of Foreign Affairs of the Islamic Emirate Mawlavi Amir Khan Muttaqi, met with Per Albert Ilsaas, the Norwegian Chargé d'Affaires for Afghanistan, discussing strengthening of bilateral relations, the ministry said in a statement Monday. Discussing political, economic and humanitarian issues, Mawlavi Muttaqi emphasized that the Islamic Emirate welcomes positive interaction with the international community and relations based on mutual respect. Praising the achievements of the Islamic Emirate in various fields, Norwegian Chargé d'Affaires said that the current system has made significant progress in the provision of overall security and fighting against narcotics in Afghanistan, according to the statement.

Both sides emphasized the development of diplomatic relations between the two countries.

The Kabul Times

Book Evaluation Commission holds meeting



KABUL: The meeting of the Book Evaluation Commission was held with the Deputy Minister of Information and Culture for Publications Affairs, Mawlavi Hayatullah Muhajer Farahi, on the chair, evaluating a number of books, the ministry said in a statement Monday.

Muhajer Farahi talked about the achievements and decisions of the previous meeting and added that books that do not conflict with the principles of Sharia and national values are allowed to be published, according to the statement.

The members of the commission shared their views on a number of books, and the books that have been written according to Islamic and Afghani values were given permission to be published, the statement added.

Necessary decisions were made regarding both published books and those that have not yet been printed, the statement said.

Also, at the end of the meeting, several books were distributed to the commission's members, and they were instructed to evaluate and share their findings at the next meeting.

The Kabul Times

159,000 tons of cotton harvested this year, NSIA



KABUL: The National Statistics and Information Authority (NSIA) said Monday that 159,000 tons of cotton have been harvested in 2024, indicating a year-on-year growth of 30 percent.

"A total of 159,000 metric tons of cotton have been collected in the country, with western Helmand province producing 80,000 tons and northern Balkh province 34,000 tons," the NSIA said.

Cotton cultivation over the past year covered 105,000 hectares of land in Afghanistan, the NSIA said, adding that Helmand, Balkh, Takhar, Kandahar, Jawzjan and Nangarhar are among the provinces that contributed most to cotton production in the country.

See P4

Iran, Pakistan deport nearly 90 Afghan families

KABUL: The Ministry of Refugees and Repatriations of the Islamic Emirate, on Monday confirmed the deportation of 88 Afghan families by neighboring countries of Iran and Pakistan in the past day.

The individuals returned after being expelled from Iran and Pakistan and entered Afghanistan via Islam Qala and Pul-e-Abreshim in Herat and Nimroz provinces from Iran and through Spin Boldak and Torkham in Kandahar and Nangarhar provinces from Pakistan, the ministry said.

According to the ministry, the returnees have been provided with necessary assistance by the Islamic Emirate of Afghanistan.

It is to be noted that tens of thousands of Afghan refugees have so far been expelled by the neighboring countries, and the deportation process of the Afghan nationals is still rapidly underway, and hundreds of Afghan refugees are deported daily.

The Kabul Times

Kabul, Tehran relations significantly expanded, Naeem



KABUL: Mohammad Naeem, the Deputy Foreign Minister for Financial and Administrative Affairs, said the other day that since the Islamic Emirate took over Afghanistan in 2021, relations between Kabul and Tehran have significantly expanded.

Addressing a ceremony on the occasion of the 46th anniversary of the victory of Iran's Islamic Revolution in Kabul, Naeem emphasized that the level of bilateral cooperation in the political, economic, security, and cultural fields has also increased.

"The Islamic Emirate of Afghanistan wants to expand and strengthen relations with its neighboring countries, including the Islamic Republic of Iran, and emphasizes the continuation and deepening of relations in the political, cultural, security, and economic fields," he said.

See P4

Five water supply networks constructed in Samangan



AYBAK: Five water supply networks worth 14.3 million Afghani have been constructed and put into operation in the country's northern province of Samangan, the provincial Rural Rehabilitation and Development Department said in a statement Monday.

Funded by the Norwegian Church Aid (NCA), the water supply networks have been constructed in coordination with the Water Supply and Sanitation Program of the Ministry of Rural Rehabilitation and Development in Hazrat-e-Sultan and Feroz Nakhcheer districts of the province, the statement said.

With the construction of the water supply networks, more than 873 families have been provided with safe drinking water in the districts, the statement added.

The leadership of the Islamic Emirate has always been committed to launching development projects and providing Afghans with necessary services and facilities across the country. **The Kabul Times**

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Food for thought

Today's generation guarantees our bright future

Terrorists should be tracked down beyond Afghanistan border

Some international organizations still claim the presence of the so-called Islamic State and certain militant groups in Afghanistan. Without having full information about the security situation of the country, they blame Afghanistan still a threat hub to the nations, particularly regional countries.

In response to the claims, the Ministry of Interior of the Islamic Emirate rejected the concerns and assured that no insurgent group is there in Afghanistan to pose a threat to the security of the country or the world.

It is clear to everyone that Afghanistan's security situation is unprecedented compared to the past two decades.

As the spokesman of the country's Ministry of Interior said, if there are small and scattered activities of terrorist groups, they are organized outside Afghanistan's borders and in regional countries.

Since the Islamic Emirate's power takeover of the country, absolute and overall security prevailed in the country's territory, and no one was allowed to disrupt the Afghan people's security. Concerns from some international organizations or regional and world countries regarding any potential security threat from Afghan soil are baseless and unfounded, and the Islamic Emirate strongly rejects them.

On the other hand, the United Nations Security Council should summon and establish an inclusive regional counterterrorism consensus to contain and eliminate any threats emanating from the transregional and international insurgency. But if they say that there is a serious ISIS-Khurasan threat in the country, this is a mere excuse for the superpowers to once invade Afghanistan and under such pretexts, reach their goals.

Meanwhile, the neighboring and regional countries such as Iran, Pakistan, and Russia, as well as counterterrorism organizations, can coordinate with Afghanistan in the fight against all kinds of terror and help the region and the world live in peace.

We welcome the remarks made by Russia's ambassador to Pakistan who had stated that his country was committed to supporting Afghanistan's counterterrorism efforts and that his country is committed to strengthening constructive cooperation with Afghanistan and Pakistan and assured that strengthening peace and stability in Afghanistan and countering terrorist threats were their shared regional interests.

Current U.S. hegemonic policies and their impact on international politics

Part I

The use of military force to expand power and influence in foreign regions is referred to as military hegemonic policies.

This category includes direct military operations, the deployment of troops in different countries, and leveraging military capabilities to threaten or pressure nations.

In November 2024, Donald Trump won the U.S. presidential election, securing his position as the 47th President of the United States.

His victory, which had been widely anticipated, came as he defeated his rival, Kamala Harris.

Trump ran his campaign under the slogans "America First," "Make America Great Again," and "Preserving American Identity." Using innovative advertising methods and gathering widespread support from the middle and working classes, he successfully won the election.



Trump's populist economic promises and anti-immigration policies attracted significant support from those who felt neglected by traditional politicians.

By emphasizing national interests, trade reforms, and strengthening border security, he introduced a series of hegemonic policies that largely followed the approach of his first term.

These policies included economic sanctions against countries such as China and Iran, withdrawal from international agreements like the Paris Accord, and an increase in the military budget to strengthen the U.S. armed forces.

These hegemonic policies, both during Trump's first term and now, have had extensive effects on both U.S. domestic and international relations, particularly sparking significant debates in the trade and immigration sectors.

Hegemonic policies refer to the methods and approaches used by governments and leaders to dominate other countries and regions.

These policies often involve military, economic, political, and social strategies to expand power and influence abroad. Hegemonic policies can lead to structural changes in societies, economies, and governments.

The primary goal of such policies is to control and dominate resources, markets, and geopolitical landscapes.

Countries pursuing these strategies aim to achieve long-term strategic goals and ensure national security.

These approaches are typically implemented through various methods, including military aggression, economic sanctions, interference in other nations' internal politics, and media propaganda.

The use of military force to expand power and influence in foreign regions is referred to as military hegemonic policies.

This category includes direct military operations, the deployment of troops in different countries, and leveraging military capabilities to threaten or pressure nations.

Meanwhile, employing international economic tools and sanctions to achieve political objectives falls under economic hegemonic policies.

These measures include trade sanctions, financial restrictions, tariffs, and the formation of economic alliances.

Additionally, conducting research and negotiations on international issues is part of political hegemonic policies.

This category includes diplomatic negotiations, forming coalitions and international agreements, and exerting political influence within global organizations.

Lastly, using media and communication to influence foreign regions is classified as social hegemonic policies.

This aspect includes media propaganda, utilizing social networks for political messaging, and shaping public opinion in other countries.

During Donald Trump's presidential terms, hegemonic policies were implemented in various ways.

His withdrawal of the United States from international agreements such as the Kyoto Protocol and the Paris Agreement demonstrated a continued effort to increase U.S. power and influence globally.

Moreover, Trump reinforced his hegemonic policies through economic and trade sanctions against countries like China and Iran.

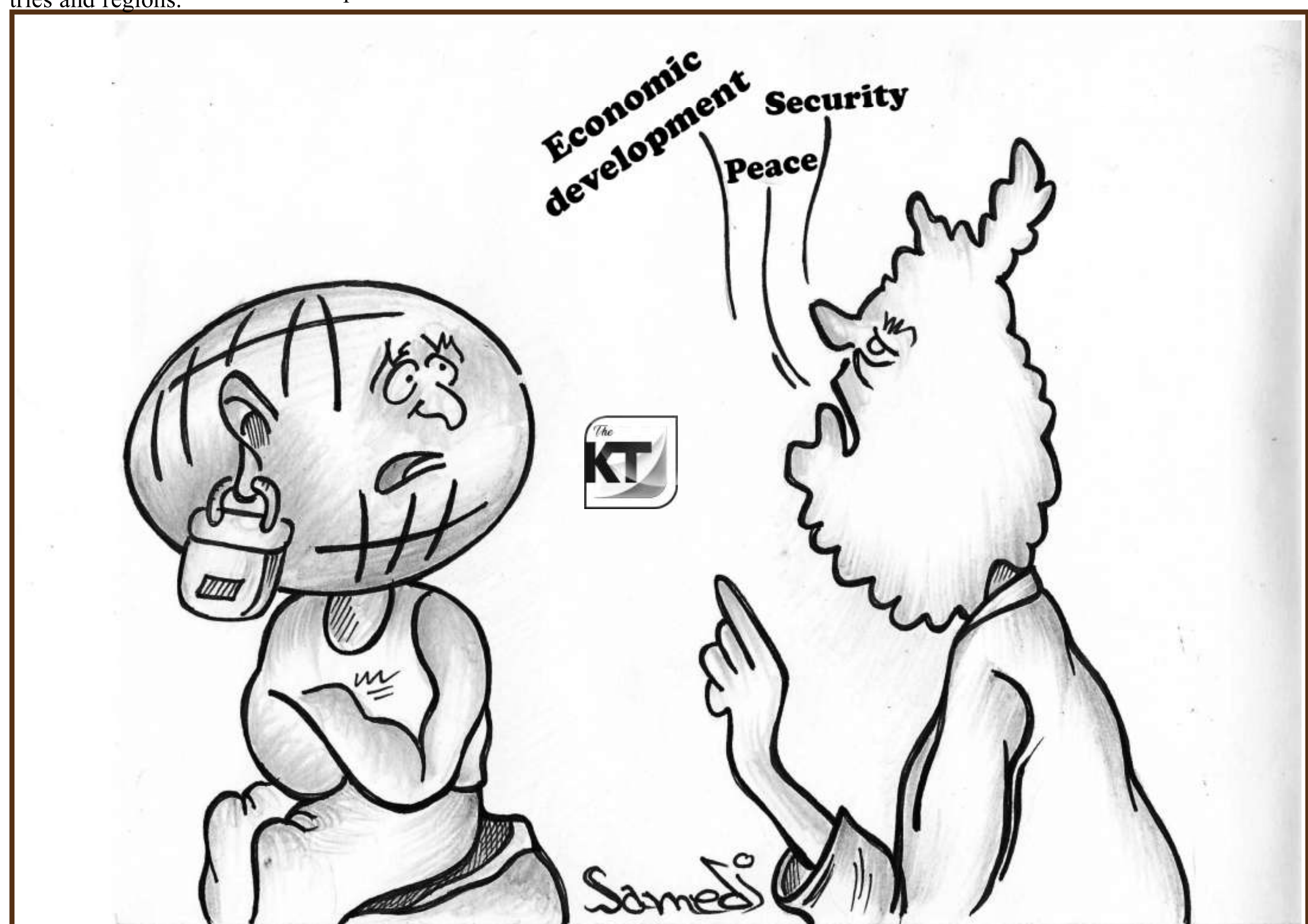
These measures put significant pressure on U.S. international relations and raised serious concerns worldwide.

During Trump's presidency, he also sought to reshape U.S. immigration policies and strengthen border security.

His initiatives, such as building a border wall between the U.S. and Mexico and implementing strict immigration policies, aimed to reduce illegal immigration and enhance national security.

These actions were also a part of his hegemonic policies, significantly affecting both international relations and domestic affairs in the U.S.

Firooz Ahmad Ebrahimi



Kabul; urban order & people's responsibility

Urban traffic and transport are a global problem, especially in developing countries where basic transport infrastructure is not sufficiently built.

Kabul, the capital, is the most populous city in Afghanistan and one of the world's fastest-growing cities.

Urban irregularities have increased due to population growth and economic instability in the city.

Narrow and uneven roads, an increase in the number of handcarts and stalls, and street vendors selling goods in the middle of the roads are daily problems that not only cause traffic problems but also damage the beauty of the city and the daily lives of the people. To solve these problems, it is necessary to implement a realistic, practical plan that is in line with the conditions of Afghanistan.

The city lies in a mountainous area, where the main arteries must bypass high mountains.

There are no tunnels, multi-level junctions, smart traffic signaling systems, or other facilities that can help manage the traffic in the city.

Sidewalks are used by merchants who sell their goods before trade.

Services such as carpenters, blacksmiths, and craftsmen also work on roads and sidewalks.

There are no traffic lanes for fast and slow transport.

The transport of residents is ensured only by the individuals who operate small and medium-sized vehicles as a taxi service.

Due to the lack of bus stops and taxi stands, the drivers halt their vehicles at no parking spots, which causes more congestion.

Lack of parking spaces in the city, non-compliance with traffic regulations, lack of city traffic lights, narrow roads in some places, absence of multi-level junctions, non-professional drivers and passengers, lack of awareness and responsibility of citizens and many other factors are contributing to increasing traffic problems and urban irregularities in the city.

Creating urban order is not only the responsibility of the government, but also the public, the media, teachers, and influential figures must play their part.

The following measures can be useful in resolving the problems:

1- Providing alternative economic opportunities for street vendors: Most of the street vendors selling goods on the roadsides or in the middle of roads of Kabul are people who have no other jobs due to poverty.

If alternative employment opportunities are provided for them according to a long-term plan, then this problem can be resolved to a large extent.

The government can launch special projects for the development of economic zones, organized markets, and small industries in and around the city so that these people can be provided with employment opportunities.

2- Development of roads and overpasses: Considering the city of Kabul, the development of some roads and creating specific routes for traffic regulation is a practical solution.

Similarly, building overpasses in the city can facilitate the movement of people.

3- Increasing public awareness: Urban order cannot be achieved by simply developing roads and removing stalls, but the mindset of the people must change.

The media, religious scholars, teachers, and influential figures must go for public awareness among the people as urban order not only enhances the beauty of the city but also makes life easier for everyone.

The media should prepare documentaries, debates, and special public awareness programs on the value of urban order. Teachers should promote urban order through their students and teach them the principles of urban life.

Religious scholars can instruct people from a religious perspective that cleanliness of public places, order, and respect for the rights of others are important principles of Islam.

4- Implementing urban law: There are laws for the city, but the problem is that they are not implemented.

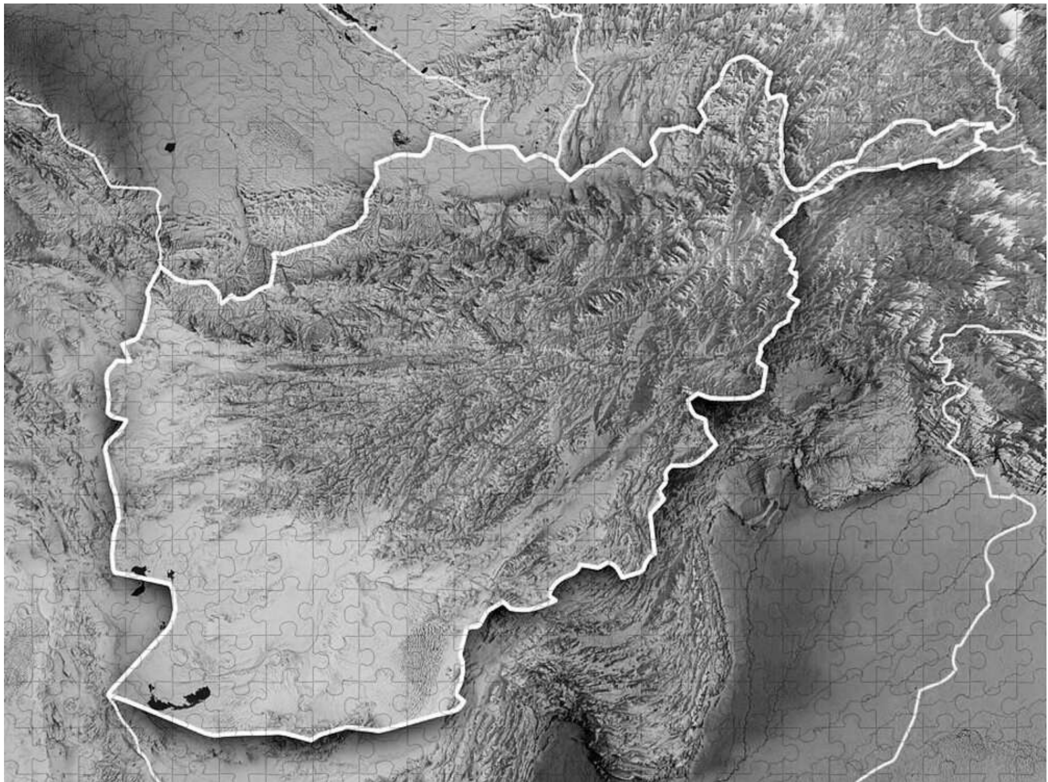
If the municipality, traffic department, and other authorities responsible for maintaining order take these laws seriously, remove illegal stalls, and keep the roads clean, then the order of the city will improve.

The urban order of Kabul is not only the responsibility of the government but all the people, media, religious scholars, and teachers must participate in it.

If alternative work is provided to street vendors, attention is paid to the development of roads, the level of public awareness is increased and the municipal laws are taken seriously, then a fundamental change will be made to the urban order of Kabul.

Fida Mohammad

Misunderstanding should be removed between Afghanistan, neighbors



A report recently said that the Islamic Republic of Iran has stressed the need for cooperation with Afghanistan in counter-narcotics.

Alireza Begdeli, the acting ambassador of Iran in Kabul, commemorated the 46th anniversary of the victory of the Islamic Revolution of Iran and during the event, Begdeli stated that Iran, within the framework of the UN Working Group on Counter-Narcotics, seeks to facilitate cooperation with Afghanistan and other countries.

He added that Iran, based on its neighborhood policy, is working to expand its relations with Afghanistan in various sectors. The acting ambassador of Iran in Kabul said: "Now that the anti-narcotics working group has been established under the supervision of the UN following the Doha 3 meeting, the Islamic Republic of Iran will strive to create the necessary mechanisms to combat this social and regional issue in collaboration with other regional countries."

Meanwhile, Mohammad Naeem, the Deputy Minister of Finance and Administration of the Ministry of Foreign Affairs also described the Islamic Emirate's relations with regional countries as positive, adding that there has been good coordination between Afghanistan and Iran in economic and judicial sectors.

Mohammad Naeem stated that the Islamic Emirate seeks good relations with neighboring countries, including Iran.

"The Islamic Emirate desires to expand relations with neighboring countries, including Iran, and emphasizes the continuation and deepening of these relations in political, cultural, security, and economic fields," he said.

Although Iran has maintained good relations with Afghanistan's government over the past three years, border clashes, the issue of Afghan refugees' deportation from Iran, and the water rights dispute remain major challenges in the two countries' relations, sometimes causing tensions between Kabul and Tehran.

All misunderstandings, including issues relating to border insurgency and migration, should be resolved through political dialogues.

Mukhtar Safi

Considerable surge in cotton production in Afghanistan

Afghanistan National Statistics and Information Authority (NSIA) has reported a considerable surge in cotton production in the country in the past year.

According to the NSIA report, nearly 159,000 metric tons of cotton have been produced in the country during the current solar year, showing a 30 percent surge.

In a report, NSIA says the authority has conducted a cotton survey for the first time in 15 provinces of the country this year.

Helmand, with a production of 80,000 metric tons, Balkh with more than 34,000 metric tons, Kandahar with over 11,000 metric tons, Jawzjan with nearly 11,000 metric tons, and Nangarhar, with over 5,000 metric tons of cotton, are among the top cotton-producing provinces in the country, according to the NSIA report.

Based on an interpretation of satellite images, cotton has been cultivated in 17 provinces this year, showing a 12 percent increase compared to last year.

The National Statistics and Information Authority has said that Helmand has the largest area under cotton cultivation, with 50,000 hectares, and Kapisa has the smallest area, with 66 hectares.

Last year, $273 million worth of cotton and cottonseed was exported abroad.

This comes as cotton farming has provided jobs and income for thousands of people in rural areas of the country. From planting and harvesting to processing and selling, the cotton industry supports entire communities.

It's not just the farmers who benefit—laborers, factory workers, and artisans who weave cotton into textiles all depend on this crop.



Cotton, often called as white gold, is a key agricultural crop in Afghanistan.

For centuries, it has been a lifeline for countless families, especially in the northern provinces, where cotton thrives.

Despite facing various challenges, Afghan cotton continues to be a vital source of income and a driver of local industries, symbolizing hope for a stronger economy.

In Afghanistan, cotton cultivation is more than just farming—it's a tradition passed down through generations.

Provinces like Balkh, Kunduz, Baghlan, and Helmand are known for producing some of the best quality cotton, thanks to their fertile soil and favorable climate.

The warm summers and abundant sunshine create the perfect conditions for growing cotton, which has earned a reputation for its softness and durability.

The cultivation process of cotton begins in spring, as farmers plant seeds in the fertile plains.

Over the months, they carefully tend to their fields, ensuring the crop gets enough water and protection from pests.

By autumn, fields are covered in white, signaling the start of the harvest season.

For many Afghan families, this is a time of hard work and hope, as the income from cotton sales often sustains them throughout the year.

Sharif

How does diet influence emotional health and well-being?

In today's fast-paced world, mental and emotional well-being are as crucial as physical health.

While numerous factors influence emotional stability, one key aspect often overlooked is nutrition.

The food we consume plays a vital role in regulating mood, reducing stress, and improving overall mental health.

A well-balanced diet, rich in essential nutrients, can be the foundation of emotional resilience and psychological stability.

Scientific research increasingly supports the link between nutrition and emotional well-being.

The brain requires a steady supply of nutrients to function optimally. Neurotransmitters such as serotonin and dopamine, which regulate mood and emotions, are directly influenced by dietary choices. Poor nutrition can lead to imbalances in these chemicals, resulting in mood swings, anxiety, and even depression.



Nutritional deficiencies, particularly in vitamins such as B12, D, and folate, have been associated with increased risks of depression and cognitive decline. Omega-3 fatty acids, found in fish, flaxseeds, and walnuts, are crucial for brain health and have been linked to reduced symptoms of anxiety and depression.

Impact of macronutrients on mood

1. Proteins: Amino acids, the building blocks of protein, are essential for neurotransmitter production. Foods rich in lean proteins, such as eggs, chicken, tofu, and lentils, support brain function and emotional balance.

2. Carbohydrates: Healthy carbohydrates, such as whole grains, fruits, and vegetables, promote serotonin production, which enhances feelings of well-being and relaxation. Avoiding refined sugars and processed foods can help prevent mood swings and irritability.

3. Fats: Healthy fats, particularly omega-3 fatty acids, support cognitive function and emotional stability. See P4

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USD	GBP	INR	PKR	EUR	IRR	AED
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SPORTS

Afghanistan futsal team to compete in four-nation tournament in Brazil

Afghanistan's national futsal team is set to participate in a four-nation futsal tournament hosted by Brazil. The highly anticipated competition will feature teams from Afghanistan, Brazil, Iran, and Greenland, bringing together top futsal talent from different regions.

According to the official schedule, the tournament will kick off on March 3 and continue until March 9. The event is expected to provide a competitive platform for the participating teams to showcase their skills and gain valuable international experience.

For Afghanistan, this tournament presents a significant opportunity to test their abilities against strong opponents, including Brazil, one of the world's futsal powerhouses. Matches against Iran, a dominant team in Asian futsal, and Greenland, an emerging futsal squad, will further challenge the Afghan team's tactical and technical capabilities.

Afghanistan's participation in this prestigious tournament highlights the country's growing presence in international futsal. The team has shown remarkable progress in recent years, and this competition will serve as a crucial step in their development. It also allows Afghan players to gain exposure to high-level futsal, improving their skills and strengthening their competitive edge.

Fans and futsal enthusiasts are eagerly awaiting the tournament, hoping that Afghanistan will put on a strong performance and make a lasting impression on the international stage.

With intense matches ahead, the Afghan team will aim to demonstrate their potential and compete with determination against some of the world's best futsal teams.

The Kabul Times

Dubai Capitals clinch ILT20 title with victory over Desert Vipers

The Dubai Capitals, featuring Afghan cricketers Gulbadin Naib and Qais Ahmad, have been crowned champions of the International League T20 (ILT20) in the UAE. In an intense final match, the Capitals secured the title by defeating Desert Vipers, showcasing an impressive all-round performance.

Led by a strong batting and bowling display, the Dubai Capitals dominated the grand finale to claim their first ILT20 championship. Their victory highlights the team's resilience and strategic gameplay throughout the tournament.

Rovman Powell played a crucial role in the final, scoring 63 runs and earning the Player of the Match award for his outstanding performance. His powerful innings provided the Capitals with the momentum needed to secure their win.

Meanwhile, all-rounder Sam Curran was named the Player of the Tournament, having scored 387 runs and taken 7 wickets throughout the competition. His consistent performances with both bat and ball were instrumental in the team's success.

Afghan cricketers Gulbadin Naib and Qais Ahmad also contributed to the team's campaign, playing key roles in crucial matches. Their participation further highlighted the growing presence of Afghan talent in international franchise leagues.

The ILT20 final was a thrilling spectacle for cricket fans, reinforcing the league's reputation as a competitive and high-quality T20 tournament. The Dubai Capitals' triumph marks a significant milestone for the franchise, and their victory will be remembered as a defining moment in the tournament's history.

With the conclusion of the ILT20 season, players will now shift their focus to upcoming domestic and international commitments, as franchise cricket continues to thrive globally.

The Kabul Times

Barcelona secures dominant 4-1 victory over Sevilla in La Liga

Barcelona delivered an impressive performance in La Liga's 23rd round, securing a commanding 4-1 victory over Sevilla. The match, held at Barcelona's home ground, was filled with exciting moments as the Catalan giants showcased their attacking prowess.

The goals for Barcelona came from Robert Lewandowski, Fermín López, Raphinha, and Eric García, each contributing to the team's dominant display. Their combined efforts overwhelmed Sevilla's defense, ensuring a comfortable win for the hosts.

With this victory, Barcelona now sits in third place on the league table with 48 points. Despite the win, they remain behind their fierce rivals, Real Madrid, who lead the standings with 50 points, while Atlético Madrid holds the second position with 49 points.

The win boosts Barcelona's confidence as they continue their pursuit of the La Liga title. Their attacking form and tactical discipline in this match demonstrated their determination to stay in the race for the championship.

Sevilla, on the other hand, struggled to contain Barcelona's relentless attacks and will need to regroup as they aim for better performances in their upcoming fixtures.

As the La Liga season progresses, the battle for the top spots remains highly competitive, with minimal point differences separating the leading teams. Barcelona's next matches will be crucial in their bid to challenge for the top position and keep their title hopes alive.

The Kabul Times

Over 100 kilometers of road reconstructed in Ghor this year

FIROZKOH: The Public Works Department of the country's western province of Ghor said Monday in a statement that more than 100 kilometers of road have been reconstructed during 10 months of the current solar year.

Construction Manager of the provincial Public Works Department, Mohammad Gul Noori, said that the 11 road projects, including graveling, leveling, grading, and excavation of the sub and main roads, have been implemented within 10 months of the outgoing solar year across the province.

He said that with the reconstruction of the roads, more facilities have been provided for the movement of the people in the province.

Meanwhile, a number of residents appreciated the roads' reconstruction and asked the leadership of the Islamic Emirate to pay necessary attention to connecting roads with the neighboring provinces. **The Kabul Times**

UN accuses Sudan's RSF of blocking Darfur aid

The United Nations on Monday accused Sudan's paramilitary Rapid Support Forces (RSF) of blocking aid to the war-torn country's famine-threatened Darfur region.

The RSF, which has been at war with the regular army since April 2023, controls nearly all of Darfur, a western region the size of France.

Since May, it has besieged North Darfur's El-Fasher and attacked displacement camps nearby.

"The persistent restrictions and bureaucratic hurdles" imposed by the RSF's humanitarian agency "are preventing life-saving assistance from reaching those in desperate need," said Clementine Nkweta-Salami, the UN resident and humanitarian coordinator in Sudan.

"The world is watching, and it is unacceptable that the humanitarian community in Sudan... is unable to deliver essential aid," she said in a statement.

Famine has been declared in five areas of North Darfur and is expected to spread to five more by May, according to the UN-backed Integrated Food Security Phase Classification.

Nearly seven million people in Darfur are facing crisis levels of hunger, IPC figures show.

The UN on Monday urged simplified bureaucratic procedures and an end to undue interference, "including demands for logistical support or mandatory engagement with selected vendors."

Since the war began, humanitarian workers have reported obstruction by both sides, looting of aid and threats against relief staff. The conflict has killed tens of thousands of people, uprooted 12 million and created the world's largest hunger and displacement crises.

Nearly 25 million people are facing dire food insecurity across Sudan, according to the United Nations.

Alarabiya

From P1

159,000 tons of cotton harvested...

Currently, cotton is being cultivated by Afghan farmers in 15 out of the country's 34 provinces, NSIA added.

After establishing the Islamic Emirate and banning poppy cultivation in April 2022, farmers have begun replacing the illicit crop with cotton, saffron, rice, wheat and other legal plants throughout the country.

The authority also added that cotton worth $273 million has been exported to the world market. **The Kabul Times**

From P1

Kabul, Tehran relations significantly...

Iran's acting ambassador in Kabul, Ali Reza Begdeli, also pointed out the expansion of relations between the two countries in light of mutual cooperation and said Tehran is ready to cooperate with Afghanistan in various fields, especially in the fight against terrorism and drugs.

The Iranian Consul General in Mazar-e-Sharif, Alireza Ahmadi, on Sunday also said that his country's Supreme Leader Ayatollah Ali Khamenei, has ordered maximum engagement with Afghanistan.

The Kabul Times

From P3

How does diet influence...

Including sources like olive oil, nuts, and fatty fish can improve mental clarity and reduce stress.

Key nutrients for emotional stability

1. Magnesium: Often called the "relaxation mineral," magnesium helps combat stress and anxiety. Foods rich in magnesium include spinach, almonds, dark chocolate, and avocados.

2. Vitamin D: Deficiency in vitamin D has been linked to depression and seasonal affective disorder (SAD). Sunlight exposure, fortified dairy products, and fatty fish can help maintain optimal levels.

3. Zinc: Essential for brain function, zinc helps regulate mood and reduce symptoms of depression. It is found in pumpkin seeds, chickpeas, and meat.

4. Probiotics: Gut health is closely linked to mental health. A healthy gut microbiome, supported by probiotic-rich foods like yogurt, kimchi, and kombucha, can positively impact emotional stability.

Foods that support emotional well-being

To foster a positive emotional state, it is essential to incorporate mood-boosting foods into daily meals.

These include:

• Leafy greens for their high content of folate and magnesium.

• Berries for their antioxidants that combat stress and inflammation.

• Nuts and seeds for their brain-boosting healthy fats.

• Dark chocolate (in moderation) for its ability to increase serotonin levels.

• Fatty fish like salmon and mackerel, for their omega-3 content.

Dangers of poor nutrition

Conversely, a diet high in processed foods, refined sugars, and unhealthy fats can negatively impact emotional well-being.

Excessive sugar consumption leads to energy crashes, irritability, and increased stress levels. Highly processed foods lack essential nutrients, contributing to mental fatigue and emotional instability.

Chronic inflammation caused by poor dietary choices has been linked to depression and anxiety disorders. An imbalance in gut bacteria, often resulting from a diet low in fiber and probiotics, can further exacerbate mental health issues.

The role of nutrition in shaping emotional well-being cannot be underestimated. A diet rich in whole, nutrient-dense foods supports brain health, stabilizes mood, and enhances overall mental resilience.

By making mindful dietary choices, individuals can improve their emotional balance and well-being, ultimately leading to a happier and healthier life.

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